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JUNE 2013

Updated, 5/24/13

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MON	9:00-10:15am* Zumba® Anna Prenares	6:00-7:00pm Kickboxing Deborah Vanderwyk (6/3, 6/10, 6/17) Laurie Huffman (6/24)	
TUE	9:00-10:15am* Step/Sculpt Jill Haff	6:00-7:00pm (TBS) Total Body Sculpt Julie Nunez	7:10-8:10pm U Jam Fitness™ Julie Nunez (6/4 only)
WED	9:00-10:15am* Kickboxing Laurie Huffman	6:00-7:00pm Cardio Sculpt Deborah Vanderwyk (6/5, 6/12, 6/19) Laurie Huffman (6/26)	
THU	9:00-10:15am* Zumba® Ginger Willson	6:00-7:00pm Hard Core Sculpting Patrice Carney	
FRI	9:00-10:15am* U Jam Fitness™ Julie Nunez (6/7, 6/28) P90X Remix® Tiffany Anderson (6/14, 6/21)	<ul style="list-style-type: none">• <u>All Classes are held at the Community Recreation Center</u>, 969 Kiely Boulevard, Santa Clara For information call 408/615-3140• Due to safety reasons, participants arriving 15 minutes after the start of class will not be admitted into class.• Zumba classes tend to fill. Arrive early!• If you would like to receive Group Exercise updates and notifications, please confirm your email address with office staff or email “add to Group Exercise” to PRCustomerserve@SantaClaraCA.gov.• Monthly schedule is available online @ http://santaclaraca.gov/exercise• No class Saturday, June 1 and June 29	
SAT	9:15-10:30am Kickboxing Deborah Vanderwyk (6/8, 6/15, 6/22) No class 6/1 and 6/29		
*BABYSITTING <i>is available for the <u>Monday-Friday morning</u> classes for \$2.50 per child.</i>			

Please note: FEES will increase effective July 1.

Class Offerings and Descriptions:

Cardio Sculpt: Work all major muscle groups using a variety of equipment. Physically challenging for all levels. **Hard Core Sculpting:** An integrated approach to strengthening core muscles while sculpting all major muscle groups using hand weights, bands, gliders, and fitness balls. **Kickboxing:** Combines punches and kicks of martial arts into choreographed combinations to burn fat and sculpt your body.

P90X®: Full body cardio and strength training workout that includes fat burning, muscle toning sequences from KenpoX, PlyoX, legs, back, and shoulder, chest and triceps, back and biceps, core Synergistics and AbRipperX.

Step/Sculpt: Combines the fun of step with a sculpting segment for increased muscle definition. **TBS (Total Body Sculpt):** This strength training program works all muscle groups for a total body workout.

U-Jam Fitness™: An intense cardio-dance fitness program that unites world beats with urban flavor, while toning your entire body.

Zumba®: A high energy dance workout that combines both Latin and international rhythms with cardiovascular exercise.

Drop-in Cost: \$5.00

Pass Cost:

# of Classes	Resident	Non-Res.
4	\$14	\$18
8	\$28	\$35
12	\$42	\$53
16	\$56	\$70
20	\$70	\$88
24	\$84	\$105

Passes do not expire & are non-refundable.

